



**ARMY PUBLIC SCHOOL MIRAN SAHIB**  
**DAY AND DATE: WEDNESDAY , 22 JANUARY 2025**



**1. COUNSELLING SESSION FOR CLASS X**

Topic: Managing Stress and different Relaxing Techniques

Conducted by: Ms. Paramjeet Kour (School Counsellor)



**2. VISIT BY RESOURCE PERSON OF FOUNDATION CITIZEN PROGRAM (FCP)**

Resource Person, Mr Tapan Kumar interacted with students and trained FCP Teachers



